Mold Diet

It comes as no surprise to me that Kurt and Lee Ann Billings found the most beneficial intervention in their recovery was a radical change in diet. What they did was cut out every food that fuels fungal growth—namely, sugars, grains and grain-based foods, and simple carbohydrates. By eliminating milk, bread, crackers, pasta, cereal, nearly all fruit, and anything made from refined white flour, they literally STARVED the mold out of their bodies.

Fungi, including yeast and molds, need sugar in order to survive. So what you eat really matters, since any organism living in your body depends on your diet to sustain it. Fungi will thrive on a diet high in fructose, sucrose (table sugar), lactose (milk sugar) and other sugars.

This is not new information. Low sugar diets have been popularized in the battle against *Candida* overgrowth (Anti-yeast diet, Candida Diet, etc.), and mold thrives in similar conditions as yeast. It makes perfect sense that people with fungal infections begin to regain their health when they begin taking away the fungus' food supply.

Sugar also suppresses your immune system and commonly contains mold contamination itself, which are two good reasons to avoid it. But cutting out sugar and grains may not go far enough.

http://articles.mercola.com/sites/articles/archive/2011/11/01/recovery-from-toxic-mold-exposure.aspx

Avoid

Final Recommendations

There are undoubtedly many other helpful natural agents, and you will have to rely on the expertise of your healthcare providers to find which ones are best for you. It will require some degree of trial and error. The take-away is, there ARE options if you suspect you've been poisoned by mold. And as usual, the natural approaches are much safer and more effective for restoring your health than antifungal drugs, antibiotics or steroids, which are the worst options by far.

Here are a few strategies I highly recommend incorporating into your recovery plan:

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• **Glutathione** is mentioned by Kurt and Lee Ann Billings as being helpful. Glutathione is your body's most powerful antioxidant and has even been called the "master antioxidant" because it maximizes the activity of all the other antioxidants. The best way to increase your glutathione level is by consuming a high quality whey protein. It should be cold pressed, undenatured, derived from grass-fed cows, and free of hormones, chemicals and sugar.

• **Omega-3 fats** are also very important, from a mixture of plant and animal sources. The best source of animal-based omega-3s comes from krill oil.

• **Artichoke leaf extract**: A study published in the *Journal of Agricultural Food Chemistry in 2004*[4] found that extract of artichoke leaf was toxic to many types of fungi, including both molds and yeasts.

• **Vitamin D**: Research suggests vitamin D may prevent mold allergies, so make sure your vitamin D levels are optimal.

• **Air purification**: To ensure you are breathing the cleanest air possible, I recommend you avail yourself of an air purification system. Air can contain mold and mold spores, among other toxic particles. My favorites are active purification systems that utilize low levels of ozone.

• **Provocation neutralization**: This is a little-known treatment strategy that Dr. Doris Rapp describes as "one of the best hidden secrets." Provocation neutralization (PN) offers allergy sufferers permanent relief with virtually no side effects, whether the allergy is to mold or something else. The success rate for this approach is about 80 to 90 percent for allergies, and you can receive the treatment at home. It is certainly worth a try if your sensitivity is related to mold.

• Provocation refers to "provoking a change" and neutralization refers to "neutralizing the reaction caused by provocation." During provocation neutralization, a small amount of allergen is injected under your skin to produce a small bump called a "wheal" and then monitored for a reaction. If you have a positive reaction, such as fatigue or headache, or a growth in the size of the wheal, then the allergen is neutralized with diluted injections (drops that go in your mouth) of the same allergen.

If you are interested in pursuing PN, the American Academy of Environmental Medicine(AAEM)[5] has a list of physicians who are trained in this technique.

1. Alcoholic beverages : Alcohol is the mycotoxin of *Saccharomyces* yeast (brewer's yeast), and often contains other mycotoxins from mold-containing fruits and grains	**2. Wheat and all wheat products**
3. Rye	**4. Peanuts:** Often contaminated with dozens of mold types, one of which is cancer-causing aflatoxin
5. Cottonseed and cottonseed oil	**6. Corn** : Universally contaminated with a variety of fungal toxins
7. Barley	**8. Sorghum** : Used in a variety of grain products and alcoholic beverages
9. Sugar from sugar cane and sugar beets	**10. Hard cheeses**